

Eco-Community Dialogues Newsletter

Nancy Nelson, Editor

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"What Man does to the web of life he does to himself"—Chief Seattle, 1854

The documentary, QUEEN OF THE SUN, shows how monoculture GMO mega-farms violate Nature because bees can't survive it. In 1923 *Rudolf Steiner* foresaw that industrial agriculture's mechanization of beekeeping would destroy the bees. It would be awesome if everyone would please see this movie because the film explores the story of bees, from ancient hieroglyphics to the present day.

(Source: "Queen of the Sun: What Are the Bees Telling Us?" Documentary Review, by Susan Lerner)

Solar Energy Advances

Two SWISS pilots recently completed a trip across the U.S. in a 100% solar-powered airplane. Sunlight charged batteries can fly a plane non-stop for over 24-hours.

IKEA, of SWEDEN, is the first mainstream retailer to offer solar panels to everyday shoppers at 17 IKEA stores in the UNITED KINGDOM. IKEA's market potential is very big. IKEA also sells ultra energy efficient appliances that conserve water.

In the U.S. both SOLAR INCORPORATED and SUN POWER CORPORATION are solar companies that rely heavily upon government subsidies. SOLAR CITY CORPORATION may have a brighter idea. Located in *San Mateo*, CALIFORNIA, SOLAR CITY plans on building electricity contracts, leases, and a pool of solar systems for private placement to homeowners who just want to lease solar panels, rather than buy and put them up themselves. Asset-backed securities, such as autos and homes, would be collateral. The collateral debt would be paid off with monthly payments by property owners to SOLAR CITY for electricity generated by SOLAR CITY'S solar panels.

The background on solar energy is that GERMANY became Number One leader of the solar field over a 20-year span of time. The way it happened is that the government, industry, and people of GERMANY collaborated together in developing solar power. CHINA is now ahead in the solar energy race.

(Sources: September-October 2013, VEG NEWS Think. Eat. Thrive, "Environment + Animals/now"; October 1, 2013, THE WALL STREET JOURNAL, "Home Goods Retailer to Sell Solar Panels"; November 5, 2013, THE WALL STREET JOURNAL, "Solar City Tries to Expand Financing for its Business" by Cassandra Sweet)

The Solar Revolution

The U.S. institution of higher learning that first offered an *Environmental Studies* major was VERMONT's *Middlebury College*, established in 1800.

Here in *Ashland*, OREGON, the SOUTHERN OREGON UNIVERSITY's new sustainability center will provide organic food for the students on campus. Besides being a five-acre organic farm, the center will be an environmental business and science research resource for students to envision a model for food security and become leaders in environmental studies. The old farmhouse on the property will be renovated and the design proposal includes solar panel arrays. The location is by *Science Works*.

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You may also feel proud of ARIZONA STATE UNIVERSITY's historic *Tempe Campus*, because solar arrays satisfy 40 percent of the university's daily electricity needs.

Another collegiate example is OBERLIN COLLEGE, in OHIO. It has a 7,722 panel solar array producing 2.27 megawatts of energy.

Also hailing from OHIO is the OHIO STATE UNIVERSITY. The university's dining hall, *Kennedy Commons*, has been renovated and the renovations earned a LEED Silver certificate.

At the UNIVERSITY OF FLORIDA, the *Library West* building's renovations, earned a LEED Gold certification.

America's oldest LEED-certified building is the historic 1807 *Fay House*, on the *Cambridge Campus* of HARVARD UNIVERSITY. There are 53 LEED-certified buildings on the HARVARD campus.

There are more, of course, and I hope this whets your appetite to research for yourself what colleges and universities are doing to lower their carbon footprint.

(Source: Fall 2013, PRESERVATION, "*Greening Historic Campuses*"; October 15, 2013, ASHLAND DAILY TIDINGS, "*Breaking Ground*" by Sam Wheeler; October 15, 2013 MAIL TRIBUNE, "*SOU Center Will Develop Leaders*" by Sam Wheeler)

Playing With Fire

Scientists are playing with fire in contemplating sending earth's spent nuclear waste up to the sun to be dissolved there in a nuclear plume. NOT a good idea because the Sun is earth's grand nurturer. Man must NOT tamper with the Sun or it will tamper back. We do NOT want it getting hotter. The Sun's *position* must remain *unaltered* for the sake of all microscopic life, and the lives of every creature and plant on Earth. The Sun is the center of the Solar System. Man does NOT own the Sun and cannot trespass. *There are boundaries to Man in the Universe because Man must stop the nuclear nonsense on earth.*

The Solar System's STAR is sometimes called *alma*, *sol*, or *solei*, and is about 4.5 billion in age, with a diameter 109 times that of Earth. It is 330,000 times Earth's mass. Seen from the equator, the SOL STAR rotates every 25 to 26 days. It is comprised of about 74 percent hydrogen, 24 percent helium, and less than 2 percent heavier elements loosely called "*metals*" that include carbon, iron, magnesium, neon, nitrogen, oxygen, silicon, sulfur, and more. The core generates thermal energy through fusion. STAR LIGHT pulsation holds the Solar System together by indirect nuclear fusion. STAR BRIGHT nuclear fusion generates 386 billion megawatts of energy. Solar panels on earth can eventuate in free energy for earthlings because the Sun is constantly emitting BRILLIANCE.

The convective zone has thermal columns that carry heat further out to the photosphere, which is the visible surface of the sun. Heat and protons are exploding off the sun's photosphere's magnetic field. Photons from the inner heat of the core origins flow from the surface photosphere, and the radiative zone carries the heat outward above the photosphere through the chromosomes of the Sun's atmosphere. The solar atmosphere is comprised of five additional zones, including the corona. The corona is larger in volume than the Sun itself.

The charged electron and proton particles propagate throughout the solar system and flow through space. It is called SOLAR WIND. When SOLAR WIND reaches our planet it affects Man's emotions, power lines, and radio waves. Waves of lights, or winds, outflow *energy* via protons converted to UV and UA lights. Some WAVELENGTHS, or rays, are visible and some are shorter or longer than what Man acknowledges and sees. *Some are invisible.*

(Sources: 2013 HEALING OUR WORLD, "*The Sun*" by Dr. Brian Clement, and "*The Language of Light*" by Pam Blue; 2013 HEALING OUR WORLD, "*Spiritual Flame*", by Viktoras Kulvinskis ; and "*The Sun, the Food Chain and the Stewardship of Survival*" by Susan Lerner; and "*You Are My Sunshine*" by Andy Bernay-Roman; www.HippocratesInstitute.org)

Sons of Light

You live on planet Earth, twirling on a tilted axis, and spinning around the sun. The sun measures your days. You live by the Sun, A LOCAL STAR that subjects you to a circadian rhythm of daylight and nighttime. You run on STARLIGHT. There is a collective biophoton field flowing to you. THE FIELD is nicknamed "*Light*". You embody the biophotons bathing you. You emit biophoton light. All living cells of animals, plants, and Man emit biophotons.

The solar energy transfers power to tiny cells in green plants and life as we know it surges forth. The mitochondria of a cell's nucleus contain a variety of light-sensitive molecules. Primal communication occurs at the sub-atomic particle level. Biophoton "*Light*" triggers biological processes. Chemical reactions happen every second in every cell of your body, and it is all triggered by photons, because "*Light*" is the inner communicator, more than nerve signal conduction.

Dr. Bernard Jensen taught that Sunshine helps more than all the drugs in the world, because SUN RAYS regulate the calcium in your body, and helps make Vitamin D for white blood cells, strong bones, and healthy teeth. The nice thing about weekends is taking time out for sunbathing, going to the park, or spending time in your backyard providing homegrown greens for your children.

If you get enough Sunshine then your body makes the hormone, called Vitamin D. But if you work indoors under artificial light and live under a dim, overcast, or chemtrailed sky that diminishes solar energy to recharge your being, you may be Vitamin D deprived.

Imagine if, upon admission to ER, a Vitamin D test was standard in addition to the regular blood work. *It is essential to public health to make Vitamin D testing free.*

Dr. McNally, a Clinical Researcher at the CHILDREN'S HOSPITAL of EASTERN ONTARIO, and Assistant Professor in the *Department of Pediatrics* at the UNIVERSITY OF OTTAWA, led studies of children admitted to *Intensive Care*. The researchers concluded that 75 percent of critically ill children had below safety levels of Vitamin D.

According to a study published by the UNIVERSITY OF MICHIGAN'S *School of Public Health*, it is especially important for breastfeeding mothers to get a surplus of Sunshine every day, and babies need a couple hours of nourishing Sunshine every week.

You may always remember that solar Light supercharges your cells in a way that no other processes do because you are like the Sun. You emit Light. Wavelengths that range from 200 to 800 nm are emitted from within your DNA. Sunlight recharges you.

(Sources: 2013 HEALING OUR WORLD, "*The Sun*" by Dr. Brian Clement; "*The Language of Light*" by Pam Blue; "*Sunlight's Role in Vitamin D and Children's Health*", by Jenny Berkeley, RN; "*Spiritual Flame*", by Viktoras Kulvinskis ; "*The Sun, the Food Chain and the Stewardship of Survival*" by Susan Lerner; and "*You Are My Sunshine*" by Andy Bernay-Roman; www.HippocratesInstitute.org)

Kingdom of Light

The DNA of all living organisms emit biophotons called "*Light*" in everyday jargon. The biophotonic emission is intra-and inter-cellular regulation and COMMUNICATION.

Dr. Valerie Hunt discovered decades ago that electric current, laser energy, and frequencies technology may be precursor to subtle currency.

What was previously called mysticism has to do with that consciousness. Biophotonic Light emission is information transfer between and within cells, regulating metabolic activities, cellular differentiation, and cellular growth.

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Dr. Fritz-Albert Popp, a biophysicist and researcher in GERMANY founded *The International Institute of Biophysics*. It is an international network of 19 research groups from 13 countries; all involved in biophoton research and coherence systems in biology. Their research indicates that biophoton units of Light spontaneously emit from a coherent PHOTON FIELD within living organisms. It is the principle of "As above, so below" or "As without, so within."

Dr. Popp developed the BIOPHOTON METER that measures biophotonic emissions and counts Light photon by photon. The biophoton Light emitted from within various organisms can be compared, and substances respond to wavelengths of Light.

Lynn McTaggard authored the book called THE FIELD, revealing that photons switch on the bodily processes and at different frequencies, different functions are performed.

For example, healthy biophotonic emissions display certain rhythmic patterns and are strong, whereas carcinogenic substances disrupt the ability of your cells to heal themselves. Exposure to toxic carcinogens scrambles the 380 nm wavelength preferred by your cells for self-repair.

(Sources: 2013 HEALING OUR WORLD, "The Sun" by Dr. Brian Clement; "The Language of Light" by Pam Blue; "Sunlight's Role in Vitamin D and Children's Health", by Jenny Berkeley, RN; "Spiritual Flame", by Viktoras Kulvinskis; "The Sun, the Food Chain and the Stewardship of Survival" by Susan Lerner; and "You Are My Sunshine" by Andy Bernay-Roman; www.HippocratesInstitute.org)

Epigenetics and Astrophysical Science

EPIGENETICS is a new model of energy understanding that is replacing the old model of Darwinism. The new model focuses on how the energy field around genes creates which genes get turned on or off. Biophotons, the ecosystem, and thoughtwaves influence genes. A change of thought focus, can change your biochemistry. When you come to see the True Nature of the Universe as love, light, peace, and healing energy, then the FIELD OF ALL POSSIBILITY opens.

ASTROPHYSICAL SCIENCE teaches that atoms are external appearances of internal energy vortexes that link to patterns of the Infinite Vortex which originally formed them. The force FIELD around each molecule gives the apparent illusion of solidity. This concept is being used for the study and research into Cosmic Law that governs the Magnetic Vortex.

(Source: BIOLOGY OF BELIEF, by Bruce Lipton; SPONTANEOUS EVOLUTION, CD series by Bruce Lipton; and TEMPUS PROCDIUM, "Exploring the Force", and "Mass, The Illusion", by Ernest Norman)

The Sun of Man

A person may speculate that living on air and sunlight via photosynthesis may be Man's destiny. Some cultures have a long tradition of *Breatharians* who nourish themselves with water and by SUNGAZING. You are able to believe SUNGAZING is a studied science because Hira Ratan Manek of www.SolarHealing.com has done many extensive, medically monitored SUNGAZING fasts, living on Sunshine as nourishment. In 2001, Manek lived for 375 days on nothing but Sunshine and water, proving that SUNSHINE IS A KEY NUTRIENT.

Another documented case is cited in the book PARAHANSA YOGANANDA, *Autobiography of a Yogi* published by the *Self Realization* yogis. Maybe you haven't read that book, yet. Many modern day Yogis practice a *Sun Salute* exercise every morning. Have you ever considered that, quite possibly, Jesus may have lived on SUNGAZING when he fasted 40 days in the wilderness. We don't know, but what we do know now is that the ancient ESSENES aspired to living via photosynthesis: "Let your love be as the Elohim of Sun, which shines upon all the creatures of the earth, and does not favor even one blade of grass for another. Elohim of Sun I invoke you. You are the fountain of light that warms our days and lights our path. It is by your glory that man is born to live the words of the Holy Law, and as each morning comes, I shall embrace thee." --Essene Communion Prayer

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And, "We have reached the inner vision, and by your Spirit we have heard the wondrous secret. Through the mystic insight your Spirit has caused a spring of knowledge to well up within us, a fountain of power, pouring forth living waters, a torrent of love and all-embracing wisdom, like the splendor of eternal Light." -- Essene Book of Revelation, the Elohim prayer

The Essenes applied "Thou shalt not kill" toward not even bruising a plant, and viewed killing animals as defiling the temple. You don't have to believe that KIRLIAN PHOTOGRAPHY validates the "Do NO harm" principle because animals and plants glow with life's *Light* Essence.

Perhaps life force energy wisdom is why the ancient Essenes *sun-dried* their raw Essene bread and their *unpasteurized* wine communion. Since we didn't live 2000 years ago we can only speculate that their mysticism contained some understanding of *nurturing* the web of life. The Universe provides. SUNGAZING is a direct source of energy from light synthesis.

The Universe supplies options and choices. Eating food is an indirect source of energy. Dormant wild seeds are present in fertile organic soil. Rainfall and the soil's exposure to Sunshine activate wild seeds to grow, through photosynthesis. An invisible magnetic web of frequencies adds minute essence via microcurrents in the wild food all around you. According to KIRLIAN PHOTOGRAPHY, organic food in the wild has twice as many biophotons being emitted as cultivated organic food.

Ripley's Believe it or Not mentions Linda Runyon of Indian Lake, turned 10 acres of clover, crabgrass, and dandelions into a meal for 200 people. Her grocery bill was just \$5.00 a month for 17-years because she ate wild food. If you want her recipes, "Crabgrass Muffins and Pineneedle Tea" write to P.O. Box 83, Shiloh, NEW JERSEY 08353 or see www.ofthefield.com.

KIRLIAN PHOTOGRAPHY discovered organically grown food that is cultivated gives off five times as many biophotons as commercially grown food.

KIRLIAN PHOTOGRAPHY shows cooked or irradiated food gives off zero biophotonic emission at all. It is NOT living food. It has been killed. It is dead, and has no essence glow at all.

Just suppose this empowering information were valuable to you. What would be your specific goal or desired outcome in healing the planet. How can you expect to benefit from knowing the difference in energy potentiality that is possible now with enlightenment. Why might that be important to you. *It's a wonderful meditation to see the Universe as friendly.*

(Sources: AUTOBIOGRAPHY OF A YOGI; THE HOLY BIBLE, "The Ten Commandments", and the English translation of the ETHIOPEAN scroll called the ESSENE BOOK OF REVELATION; 2013 HEALING OUR WORLD, "The Sun" by Dr. Brian Clement; "The Language of Light" by Pam Blue; "Spiritual Flame", by Viktoras Kulvinskis; "The Sun, the Food Chain and the Stewardship of Survival" by Susan Lerner; and "You Are My Sunshine" by Andy Bernay-Roman; www.HippocratesInstitute.org)

Stay Focused

Just suppose what would happen if everyone planted two dwarf fruit trees in the front yard and a vegetable garden in the back yard. Think how much fossil fuel would be saved by NOT transporting food. You might notice vertical gardens save space on a deck or patio. Raw green leaves contain the greatest concentration of sun energy. Spinach and lettuce are favorites to juice. A pound of salad mix yields about a cup of juice. So does a pound of carrots. Juicing is a way to stay hydrated. *Imagine how much energy you might enjoy if you juiced a quart of fresh food daily.*

Juice feasting may become the optimal dietary choice in the future of the planet. Wouldn't it be nice to abolish the demand for food animals, eliminate animal byproducts, and stop the degradation of air, soil, and water by factory farming, restore bio-diversity, and enable the return of food forests, rainforests, and vital wetlands.

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If you call GOT SPROUTS in Riviera Beach, FLORIDA at 561-689-9464, they ship and deliver. See www.GotSprouts.com. A person may go shopping for mung bean, pea, or sunflower sprouts.

You might recall that microgreens flourish even behind window panes that filter out most of the ultraviolet spectrum of sunlight. Deep green color is the visual marker of chlorophyll. If a window provides direct sunlight for at least half the daytime, that is enough light for growing most microgreens. Microgreens may need more days to grow under indirect summer sunlight or weak winter sunlight, but they will grow.

What happens when you learn of a published study of the plant-based diet that absorbs and maintains higher levels of Vitamin D than the many other wide variety of diets tested. The research was conducted by *Luigi Fontana*, MD, PHD of WASHINGTON UNIVERSITY SCHOOL OF MEDICINE in *St. Louis*.

(Sources: 2013 HEALING OUR WORLD, "*Sprouts: the Original Sol Food*" by Sean Herbert; www.HippocratesInstitute.org)

Pop Quiz

Name five native edible plants nearby, and their best season.

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